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Commanding Officer:

Lt. Col. Jeff Jarosz

Executive Officer:

Maj. Shane Long

Sergeant Major:

Sgt. Maj. Brian Cullins

H&S Co Commander:

Capt. Barrett Dupuy

TS Alpha Co Commander:

Capt. Matt Zimbalist

TS Bravo Co Commander:

Capt. Sean Cox

Maintenance Co Commander:

Capt. Joseph Flynn

Engineer Co (7th ESB):

Capt. Daniel Francis

Chaplain:

LtJG Saumaleato Fuimaono

Family Readiness Officer:

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CLB-5 FAMILY READINESS NEWSLETTER

JUNE 2010

MID-DEPLOYMENT BLUES—How to Fight Back!!!

As we enter summer, the tension of preparing for a deployment and the stress of saying farewell has worn off. Instead, we face the LONG MIDDLE part of the deployment.

Loneliness, anxiety, short and garbled phone conversations, infrequent emails and plain ol' tiredness may be typical of this period of deployment.

This issue of the CLB-5 newsletter offers ideas to combat the deployment blues for yourself and for children.

As always, if you have concerns or questions, please contact me, the Family Readiness Officer,

Christine Winicki

760-763-1111 (office)

760-468-8276 (cell)

DENISE.WINICKI@USMC.MIL

CONNECT WITH OTHER CLB-5 FRIENDS AND LOOK AT PHOTOS on the 1st Marine Logistics Group Facebook page:
type 1st Marine Logistics Group into the SEARCH on Facebook.

READ OLD NEWSLETTERS AT OUR BATTALION WEBSITE:
www.i-mef.usmc.mil/MLG/CLR1/CLB5/newsletters/default.asp
OR type CLB-5 into Google and the homepage shows up



June 2010 Promotions

Lt Fuimaono, Saumaleato

1st Sgt Williams, Lester

RP1 Drachenburg, Paul

Sgt Alvarez, Luis

Sgt Martinez, Teresa

Cpl Caddy, Daniel

Cpl Frederickson, Thor

Cpl Gladney, Katie

Cpl Harrison, Michael

Cpl Nadeau, Robert

Cpl Papenhausen, Jacob

Cpl Smith, Matthew

Cpl Soto, Nestor

Cpl Williams, Eleanor

Cpl Wright, Christopher

Cpl Wroten, Nicholas

Cpl Young, Chelsey

HM3 Sailer, Ryan

Lcpl Ortega, Richard

In Memoriam

Lcpl Michael Plank

Combat Logistics Battalion 5 (CLB 5) joins all of the 1st Marine Logistics Group mourning the loss of a Marine who died June 9 while supporting combat operations in Helmand province, Afghanistan.

Lance Cpl. Michael Plank, 25, a New York native was an combat engineer with Engineer Company in CLB 5. His parent battalion was 7th Engineer Support Battalion, 1st Marine Logistics Group. Plank first enlisted into the Marine Corps February 23, 2009. This was his first deployment.

His awards include Afghanistan Campaign Medal, National Defense Service Medal and Global War on Terrorism Service Medal.

As CLB-5 mourns the loss of one of our own, our heartfelt condolences go out to Lance Cpl. Michael Plank's friends and family.

A Memorial Service is being held in Camp Dwyer, Afghanistan on June 18.

The Camp Pendleton Memorial Service will be held on July 12 at 1000 in the 7th ESB Bulk Fuel Warehouse.

Private Services will be held in Pennsylvania for the family. If you would like to send a card or flowers, contact Christine Winicki, CLB 5 FRO for information.

Oceanside Free Summer Fun!!!

Concerts

July 10—Buddy Todd Park 3000 Mesa Drive
noon—7:00 pm
Art displays, Food and MUSIC!

August 13—Rancho del Oro Park
4700 Mesa Drive
Pat Livingston and Clarence Webb

Info at:
http://www.ci.oceanside.ca.us/pdf/PR_concerts2010.pdf

Museums

Oceanside Surf Museum and 599 other Blue Star Museums across the country are offering FREE admission to military members and up to 5 family members— follow this link to see a complete list:

<http://www.arts.gov/national/bluestarmuseums/index.php>



July 4th Beach Bash Del Mar Beach Camp Pendleton

Live Bands, Car raffle, Games, Food

Use this website for more info:
<http://www.mccscp.com/beachbash/>



Anheuser-Busch is honored to salute the men and women of our armed forces and their families. Throughout 2010, members of the military and as many as three direct dependents may enter any one of Anheuser-Busch's **SeaWorld, Busch Gardens or Sesame Place** parks with a single-day complimentary admission.

For more information: Visit
<http://www.herosalute.com/cav/index.html>



Temecula Happenings

2010 Moonlight Movies in the Park -

6:00 crafts and games Movies start at dusk

- 6/18: Monsters vs Aliens—Temeku Hills Park
- 6/25: Little giants—Patricia H. Birdsall Park
- 7/16: Hotel for Dogs—temeku Hills Park
- 7/23: Pink Panther 2—CRC Ampitheater
- 7/30: Everyone's Hero—Patricia H. Birdsall Park
- 8/6: Cloudy with a Chance of Meatballs—Temeku Hills Park
- 8/16: The Never Ending Story—Harveston Community Park
- 8/20: Up—Temecula Duck Pond

Summer Sunset Concerts—

- Thursday Nights at the Temecula Ampitheater, 30875 Rancho Vista Rd. Concerts begin at 7:00 and end at 8:30pm
- 6/17: Tommy Price and the Stilettos—rockabilly/swing
- 6/24: Cold Duck—old school dance band
- 7/1: Liquid Blue—dance band
- 7/8: The Darrel Mansfield Band—American gospel and Blues
- 7/9—SPECIAL EVENTand Balloon Glow at Lake Skinner
- 7/15: The Trip—rock
- 7/22: Tha Anser—classic rock
- 7/29: The Sam Morrison Band—Bob Seeger Tribute
- 8/5: SouthBound—70's Band
- 8/12: The Ranch Rockers—Rockin' Country
- 8/19: Hot Pursuit Band—variety

Keeping the Kids Busy During Summer Deployment

School is out and now the kids are with you 24/7. How can you fill your days and nights with fun and interesting activities?

PUBLIC LIBRARIES: libraries offer so many options during the summer. Here are link to local libraries:

Oceanside Public Library: Reading Program with Mad Science, Petting Zoos, Crafts and a LUAU in August
<http://www.oceansidepubliclibrary.org/csrp.html>

Temecula Public Library: juggling, animal shows, magic and more on Wednesdays
<http://www.rivlib.com/evanced/lib/eventcalendar.asp>

Camp Pendleton Base Library: programs for kids of all ages
http://www.mccscp.com/home/Files/pdf/Family_Services/Education/Summer%20Reading%20.PDF

Bike Riding: Oceanside has earned a special Bike Friendly Community Award. Ride the beautiful 7.2 mile trail. More info:
<http://www.ci.oceanside.ca.us/datarelation.aspx?Content=279>

Horse riding: The Stepp Stables on base offer lessons, trail rides and pony wheel
(760) 725-5094 or 725-5085
http://www.mccscp.com/home/recreation/Indoor_Outdoor_Activities.aspx

Camp Pendleton has so many activities—Bowling, pools, movies, beaches, golf, crafts, - follow this link to an entire list:

<http://www.mccscp.com/home/Files/pdf/recreation/FinalRecGuide2010.pdf>

Helping Your Kids to Deal With Deployment

Warrior Kids Workshops: Kids in the Midst ages 5-12

July 15 9:00 am–3:00 pm
 August 9 9:00 am–3:00 pm

Learn to Express emotion and stay connected to deployed Marines and Sailors

Call Marine Corps Family Team Building to register

760-725-9052

Childcare available for younger kids

Low Cost or FREE Summer Camps

Camps

Oceanside City Camps: Sports, Surfing, Tots—VERY REASONABLE
http://www.ci.oceanside.ca.us/pdf/Summer_Camps_2010.pdf

Temecula City Camps: see flyer

Free Football and Dance Camps:

July 24 at 11 Area Field
 register 9:00 am for dance camp
 11:30 am for football camp
 3:30—Jumpsies and Face Painting
 5:15- FREE BBQ for 1st 1,500 people
 760-763-5519



NEW! SUMMER DAYCAMP ONLINE!
 FAST * EASY * CONVENIENT!
 We are excited to now offer online registration for Summer Day Camp!

2010 Summer Day Camp!

Hey kids! Day Camp at the Temecula Community Recreation Center (CRC) is returning for another summer adventure! Designed for children, kindergarten graduates through 14 years old. Summer Day Camp features a wide variety of fun-filled recreation activities that will keep them happy and busy all summer long! Day Camp will include excursions, games, crafts, stories, songs, and swimming. Camp is Monday-Friday, 7:00am-6:00pm and each session is two weeks. If you have any questions or would like more information about the camp, please contact the Community Services Department at (951) 694-9410. Register online at tscd.ci.temecula.org for this great summer experience! Walk-in registration will also be accepted at the Community Recreation Center (30875 Rancho Vista Rd.). A mandatory Day Camp T-shirt will be available for \$10.00 on the first day of camp. T-shirts can also be purchased online utilizing activity #0400.200.

Hope to see you at camp this summer!!

Fee: \$240/Residents; \$250/Non-Residents

Kindergarten Grad. - 11 yrs.		Teen Camp 12-14 yrs.	
Class#	Camp Dates	Class#	Camp Dates
0405.201	Jun 14-Jun 25	0406.202	Jun 28-Jul 9
0405.202	Jun 28-Jul 9	0406.203	Jul 12-Jul 23
0405.203	Jul 12-Jul 23	0406.204	Jul 26-Aug 6
0405.204	Jul 26-Aug 6		

FOCUS project— resiliency training to help families face deployment challenges

- Assist children and parents in building a “tool box” of skills to cope with deployment
- Enhance Family communication through shared stories about the deployment experience
- Parent Sessions, Child sessions and Family sessions to learn separately and together

760-621-4533



L.I.N.K.S. classes
the best tool to teach you
ALL ABOUT the USMC!

Going to L.I.N.K.S. class a a
group is the best way to have
fun and learn too!!

Join us!

July 7 & 8 9:00 -1:00 pm

OR

July 20, 21, 22 5:00-9:00 pm

Family Readiness Center
(the old officers club in San
Luis Rey Housing area)

CALL NOW to reserve your spot
and sign up for FREE childcare

760-725-9052



Taking Care of YOURSELF during Deployment


Deployment is TOUGH!!! Making sure the care package is filled with goodies and wrapped and sent, checking the email constantly, working, taking care of children, doing the bills, —it takes a toll.

So here are some tips to help you navigate the maze:

- Connect with other PEOPLE. It can be old friends, new friends, family, co-workers—but KEEP BUSY.
- WRITE, WRITE, WRITE—letters and emails—even if you don't send them

are a great way to express your feelings at the moment


- Find GRATITUDE in the big and the small events of every day—a beautiful sunset, a drawing from your child, even a short call from your deployed Marine is better than no call at all!
- Take time to rest—sleep, get a pedicure, take a bath with lots of bubbles, take a walk—give yourself time to unwind.



Spa

8 January
1600-2000

13 November
0900-1300



Around the World

17 March
0900-1300

29 July
1600-2000

Spouses In the Midst

Designed as a day for spouses "In the Midst" of a deployment, this workshop offers a wide range of venues to include, fun, education, communication, relaxation and networking. We invite all spouses aboard Camp Pendleton to join us in developing and enhancing the tools needed for inner strength and endurance during separation and deployment.



USMC Olympiad

22 May
0900-1300

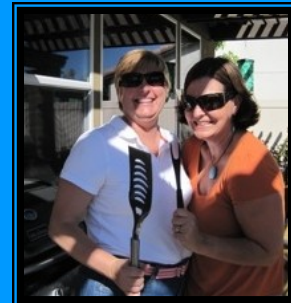
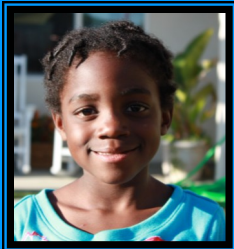
9 September
0900-1300



SLR MCFTB
Family Readiness Center
Building 1795
725-9052
Registration Required

Memorial Day Picnic

Mr and Mrs. Rupert Cary and Julia Valevskaya, Major Rick Cary's parents and fiancé, opened their homes to CLB -5 families on May 30. A tropical jump house kept the kids hoppin' and the families were able to share stories and laugh!!! THANK YOU!!



UPDATE on YMCA Childcare

The Marine Corps, along with the YMCA, operates a special program to provide **16 hours per month of childcare**, also called respite care, to families with a deployed Marine or Sailor.

Parents must use an existing licensed center or licensed in-home childcare providers that are located in the Base Housing areas.

You MUST have a copy of your Marine's deployment letter in order to apply for this program.

If you DO NOT have this letter, contact the FRO, Christine Winicki at 760-763-1111/760-468-8276 or denise.winicki@usmc.mil

To apply for the program, contact:

1.800.424.2246 or
mymilitary-care@ymcacrs.org

Local program director:

Blanca Maldonado
Program Manager
Deployment Respite Care
760.726.9100 x3325
bmaldonado@ymcacrs.org

I've got Respite and I've got Family Sep Pay for a sitter.

How do I find someone

I can trust?:

- **Get a list of licensed, in-home providers located in Base Housing from the Childcare Resource and Referral office:
760-725-9723
Bldg. 13150 Room 121
M-F 7:00am—5:30pm**
- **Sitter City—military gets FREE access to use this website that connects high quality sitters with families. Site Includes: pix, references, reviews and background checks**

Need Food Angels to Help New Moms



Are you an Angel?

Hope so, since we need people in all the housing areas who are willing to make some meals for all of our new moms or families who are experiencing some problems.'

We have some recipes to get you started or you are welcome to create your own meal magic!!

If you would like to help, please contact:

Katrina Robinson
760-645-3941 (home)
843-819-8190 (cell)
Katrina.rob@gmail.com

Thank you so much—this is a wonderful way to connect with other families right from your own kitchen!

If you are a great cook but need a little help buying the food, contact Katrina. We can help!!



CLB-5 Babies

Lcpl Jestin and Crystal Long welcomed **Sebastian Reed** on May 11, 2010

HM3 Ernest and Johana Davidson welcomed **Isabella Gianna** on May 30, 2010

Lcpl Cruz and Felicia Mendoza welcomed **Xavier Cruz Mendoza** on June 3, 2010.

Lcpl Thomas and Tressa George welcomed **Caleb Zachary** on June 3, 2010

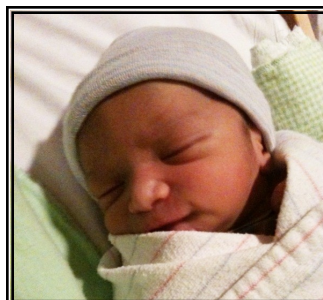
Lcpl Cassandra Camarillo and Juan Garcia welcomed **Ariana Elyse** on June 9, 2010.



Ariana Garcia



Sebastian Long



Xavier Mendoza



Isabella Davidson

JUNE 2010— 3RD MONTH OF DEPLOYMENT!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 9:30 am Beach Walk	3	4	5
6	7 9:30 Bible Study for Military Wives	8 11:00 Family Readiness Meeting	9 9:30 am Beach Walk	10	11	12
13	14	15	16 9:30 am Beach Walk	17	18	19
20	21	22	23 9:30 am Beach Walk	24	25	26
27	28	29 7:00-9:30pm Pool Party with Movie	30 9:30 am Beach Walk			

Schedule of Events

**9:30 am Beach Walk
Every Wednesday**
bring the kids and your walking shoes to the Del Mar beach Cantina for a walk on the beach. Meet new friends and get out the stress! No RSVP required

**Pool Party and a
Movie
June 29, 2010
6:30—9:30**
BBQ dinner & summer treats, swimming and then an outdoor movie. Area 13 Family Pool (across from the Fisher Center)

**July 4th Beach Bash
Camp Del Mar Beach**
Live Bands, Car Raffle, Food, FUN!!!!



**CLB 5
POOL & MOVIE PARTY
Tuesday, June 29, 2010
7:00—9:30 pm**

13 Area Pool

RSVP to Christine Winicki, FRO

760-763-1111

denise.winicki@usmc.mil

**Ice Cream Sundae Bar
Hot Popcorn
Cold Drinks
Swim WHILE you
Watch a Movie!!!**



UNITED THROUGH READING® Update

Have you received your DVD yet? Encourage your Sailor or Marine to make a recording that your child will be able to watch again and again. There is nothing like having Mom or Dad's face and voice right there at home, even if they are deployed. By participating in United Through Reading® the bedtime story tradition can begin or continue.

If you have received a video, don't forget to complete the "Full Circle of Communication" by sending feedback to your deployed Sailor or Marine in the form of a picture, video, or even a letter or email. Let your Marine know their time was well spent and how much the tape means to you and your child. Mail your Marine another book and another video could soon be on its way.

Think about ways to bring the story into your everyday life. Did the characters go on a picnic? Why not pack a picnic like the one in the book? Did they bake cookies together? Try baking the same ones, then talk about your favorite moments in the story. This is a great way to make the special moments last.

Our next issue will feature comments from our own participants on how the program is working for them and their families. If you would like to submit a comment, contact your United Through Reading® Homefront Coordinator, Penny Fuimaono (cherulise@yahoo.com) or Erin Milnikel (erinmilnikel@yahoo.com), your family's reactions to your first DVD!

Emotional Benefits

Spouse at home feels more parenting support.

Improves morale for all family members.

Educational Benefits

Reading aloud with children will provide a solid foundation for their success in all of their educational experiences.

United Through Reading®

First Lady Learns Challenges of EFMP Life

On June 13, First Lady Michelle Obama, spent several hours on Camp Pendleton. She reserved 40 minutes to talk with some members of the Exceptional Family Member Program. They discussed the added burden of having a special needs family member during multiple deployments as well as inadequate funding through the Tricare health care program.



GySgt Lynette Glover, Ronnie O'Donohue, Michelle Obama, Karen Driscoll, Cindy Farnum, Liz Tashma and Bernadette Jarosz

Camp Dwyer June 2010



